



The Kit for New Parents

The Kit for New Parents represents a comprehensive resource for new and expecting parents that translates emerging science about the importance of the early years into practical information parents can incorporate into their daily lives. Good health, loving relationships and frequent learning opportunities are some of the topics covered. *Kits* are initially available in both English and Spanish.

If you live in California and would like to order a Kit, please call 1-800-KIDS-025.

Videos

A set of celebrity-hosted videos on the early years providing a wealth of information on raising healthy, self-confident, happy children who are learning and ready to reach their greatest potential. Topics include:

- **The First Years** – provides information on the importance of bonding, communication, health, nutrition and child care – an overview of all topics covered in the *Kit*.
- **Early Literacy** – discusses the importance of early literacy and provides a variety of ways parents can help their young children develop the skills necessary to learn to read and write, including everyday activities like talking, singing and reading.
- **Quality Child Care** – discusses the importance of quality child care for children's healthy development, what to look for when choosing child care – whether at a child care center or in the parents' home, questions to ask potential caregivers and how to communicate regularly with caregivers.
- **Child Safety** – provides important information on making children's environments safe to prevent accidental injuries and includes information on automobile and car seat safety, childproofing the home, safety outside the home and toy safety.
- **Your Healthy Baby** – discusses children's changing health needs as they grow and provides parents with useful information on prenatal care, breastfeeding, visiting the pediatrician, children's nutritional needs and exercise.
- **Discipline** – explains why children actually look for limits, techniques for setting limits from the start, why a firm but gentle approach is best and how parents can manage their own emotions and avoid using physical punishment.

Parents Guide and Parenting Brochures

The *Parents Guide*, produced by the University of California, Berkeley, helps link parents to information and services in their communities. From childproofing a home to finding quality child care, the *Parents Guide* provides information, local resources, useful phone numbers and Web site addresses that can help answer questions parents and caregivers have every day.

Brochures designed to supplement the material presented in the videos are also included. They focus on key subjects such as the importance of the early years, early literacy, quality child care, child safety and health and nutrition.

Child's Book

A child's book is included in the *Kit* to encourage parents to read to their babies and young children.